

Senior Center
Hours of Operation:
Monday thru Friday
8:00 to 4:00

Bus Hours of Operation:
Monday thru Friday
8:30 -3:00

COUNCIL ON AGING - SENIOR CENTER



169 Westford Rd • Tyngsborough, MA 01879

Mail Address: 25 Bryant Lane

E-mail: broche@tyngsboroughma.gov

Phone 978-649-9211, Fax 978-649-9533

councilonaging@tyngsboroughma.gov

News & Tyngs



September 2015

I hope you all have had an opportunity to visit the new Senior Center. We have volunteer greeters here every day to assist you and answer any questions you may have.

Well, we now have a second bus. This will allow more rides and trips. We will dedicate one bus for medical appointments, 5 days a week. The other bus will be for social, shopping, special day trips, etc. also for 5 days a week. Please let us know what other trips that you would be interested in.

Here are the upcoming 'Special' Events:

- Friday, September 4th at 11:30 – "Police Union BBQ"; must sign up by August 31st.
- Monday, September 14th at 11:00 – Wizard Music.
- Wednesday, September 16th at 12:00 – Free Hearing Tests provided by Zounds of Westford.
- Thursday, September 17th at 8:30 – Senior/Veteran's Breakfast; sponsored by the Tyngsboro/Dunstable Rotary; followed by a Guest Speaker. Must sign up by September 14th.
- Friday, September 25th at 11:00 – "Fall Equinox" Celebration. Sponsored by Pamela Connolly from Home Instead; must sign up by September 18th.

REMINDER: It would be very much appreciated if you please remember to sign up for all events by the deadlines stated. It is unfair to those who have signed up if we do not have enough food for everyone!! Also, the sponsors need to plan accordingly. Thank you!

Enjoy every day! Barbara.

"Accept the things to which fate binds you, and love the people with whom fate brings you together, but do so with all your heart." - [Marcus Aurelius](#)

STAFF

Barbara Roche - Director
Tracy Pecora - Administrative Assistant
Bernie Mercier - Program Coordinator
Midge Poirier - Meal Site Coordinator
Tom Tiano - Custodian
Louanne Brady - Bus Driver
Phil Molleur - Bus Driver
Jerry Richall - Bus Driver

COUNCIL ON AGING

Robert McCarthy - Chairperson
Roger Downing - Vice Chair
Patricia Quinn - Secretary
Claire Downing
Charlene Muscato
Fred French
Maryjo Tatseos
Michael Knight
Mildred Poirier
Theresa Martineau
Jean Jacoppi

SENIOR LIAISON OFFICER

Thomas Walsh

CORE SERVICES

Bus Transportation
Daily Meals
Exercise
Wellness Programs

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Tyngsborough COA Newsletter

ONGOING ACTIVITIES

Tai Chi Exercises Both Mind and Body Instructor Lesley Mathews

Every Monday 9:00... Cost \$3.00

The movement is slow, graceful, and fluid. The effort is almost undetectable. Most people are wearing street clothes, and no one has special shoes. "Could this really be exercise? Absolutely!"

BINGO Every Tuesday 12:30-3:00

This activity keeps your mind stimulated. Not only that, you will have plenty of fun and excitement with this activity and it gives you a chance to socialize with others and have a great time. Come join us.

EXERCISE CLASSES Tuesday & Thursday 10:30-11:30

Our instructor, Elaine, is on vacation the month of July/August, however we will be exercising to her video on TV to keep in shape. Elaine will be back September 15th.

Wii TV BOWLING Every Thursday 10:00-11:30

The Wii TV bowling program helps Senior Citizens stay active and healthy, and it's good exercise and good socialization. Stay for lunch afterwards. Sign up two days in advance. 978-649-9211

Elder-Chair Yoga

Instructor Lynda Gambale

Every Wednesday 9:00...Cost \$3.00

It includes relaxation for body and mind, as well as gentle stretches to release tension from various areas of the body. All the exercises can be done while sitting in a chair.

OIL PAINTING CLASS Every Friday 12:30-2:30

(Focus on Drawing)

Every Tuesday 12:30 - 2:30



**Instructor: Michael Vieira
Cost \$5.00 per class**

BONE BUILDERS

Wednesdays 10:00/ Fridays 9:00

Bone Builders is a national program that provides seniors aged 60 and up with **FREE** twice-a week group fitness sessions. Classes focus on exercise to improve balance and increase the strength of both bones and muscles. Call to sign up 978-649-9211.

ZUMBA Gold

Wed. 1:45 / Fri. 10:30

Fee \$4.00

GAMES

Mon. 10:00 Dominoes

Tues. 10:00 Cribbage

Fri. 12:30 Rummy Cube

LINE DANCING

Every Monday 10:00-11:00

Cost: \$3.00



Have you ever wanted to start Line Dancing? Well here's your chance! Get those boot scooting boogie boots on, and come on over and dance and meet new friends. Instructor: Marcella.

SPECIAL PROGRAMS for SEPTEMBER

POLICE UNION END of SUMMER BBQ

Friday, September 4th, 11:30-1:00

This will be the 5th annual cookout, come support our Police Officers for the good work they do for our town. Don't forget to thank them for a wonderful cookout.

CLOSED FOR LABOR DAY

Monday, September 7th

WIZARD MUSIC:

Monday, September 14th, 11:00

John Kienzle from Wizard Music will provide keyboard "Beatles" music for easy listening.

EXERCISE CLASS RETURNS

TUESDAY, SEPTEMBER 15th

FALL EQUINOX

Friday, September 25th, 11:00

Help us welcome Autumn at our Fall Equinox gathering. Nutritionist Julie Hersey will give a talk on healthy fall foods, followed by a **FREE** Autumn Equinox lunch. Sign up by September 22nd.

LUNCH BUNCH

Wednesday, September 16th, 11:30

If you need transportation for this trip we will be happy to pick you up using the Tyngsborough Bus. Call 3 days in advance 978-649-9211. Sign up by Fri., Sept. 11th. **Feng Shui Kitchen**



ZOUNDS HEARING TEST

"FREE" {Ears to Hear} Exam

Wednesday, September 16th,

9:00-12:00 Don't be left out of the conversation. Hearing better is living better. Our hearing is integral to keeping us connected with the world around us, and to those we love.

VETERANS/SENIOR BREAKFAST

Thursday, September 17th, 8:30

FREE- Start your day with a healthy breakfast and a smile. Sponsored by **The Tyngsboro/Dunstable Rotary.**

Speaker: Alison Burke from Circle Home Health will be doing a presentation on Diabetes.

CHAIR MASSAGE

Wednesday, September 23rd, 11:00

Given by Tanya Moran. Massage therapy can relieve pain, manage stress and provide emotional release. Fee \$15.00 for 15 minutes. If you want extra time you're more than welcome. Come relax!

Tyngsborough COA Newsletter

IN CASE YOU DIDN'T KNOW

COA Board Meeting September 15th 3:30

Our goal is to help Tyngsborough Elders age safely in place with dignity and independence in the home and community they helped build...because there is no place like home!!!

BENEFITS CHECKUP

Millions of seniors and adult with disabilities qualify but are not enrolled in programs that could help them pay for prescription drugs, medical care, food, or heat for the homes. Benefits Checkup is a free, confidential on line service to see if you qualify for benefits and take the first steps towards applying. Go to: www.benefitscheckup.org

9-1-1 SILENT CALL PROCEDURE

If you need to call 911 from a touch tone phone but are unable to speak for any reason, such as potential stroke, physical disability, domestic violence, home invasion, no access to TTY or a language barrier, dial 9-1-1 first, then Press 1 if you need **POLICE**; Press 2 if you need the **FIRE DEPARTMENT**; Press 3 if you need an **AMBULANCE**. Community members can follow the Silent Call Procedure steps and have the appropriate services sent to help. If you have any questions or would like more information please feel free to contact Police Chief R. Howe at 978-649-7504 or rhowe@tyngsboroughma.gov

BROWN BAG PROGRAM

Elder Services of the Merrimack Valley, Inc. and the Greater Boston Food Bank have established an Elder Brown Bag Program. Eligible Elders will receive a free bag of groceries on the fourth Tuesday of each month. Brown bags will be distributed at the Tyngsborough Council on Aging, 169 Westford Rd Tyngsborough. MUST have transportation to pick up the bags.

Each participant must register in advance & must be 60 yrs. or older and be low income.

For info call:

Laura Marsan (978-946-1303),

Dayna Brown (978-946-1368)

Applications are also available at the Tyngsborough Council on Aging. Call or stop by for the application. 978-649-9211

SOCIAL SECURITY...

Typically does NOT publish the phone numbers of their local offices. However, you can reach them, toll-free, at **1-800-772-1213** (TTY **1-800-325-0778 for deaf or hard-of-hearing**) for their automated telephone services to get recorded information and conduct some business 24 hours a day. You can speak to a Social Security representative between 7 a.m. and 7 p.m. Monday through Friday. Generally, you'll have a shorter wait time if you call during the week after Tuesday.

MASSACHUSETTS SENIOR LEGAL HELPLINE

Some of you may not know about the Massachusetts Senior Legal Helpline 1-866-778-0939. The Helpline provides FREE legal information, advice, and referral services for Massachusetts senior citizens (60 years or older) in most areas of civil law, including: * Social Security/SSI * Guardianship * Veterans Benefits *Nursing Home * Powers of Attorney *Foreclosures * Mass Health * Bankruptcy * Medicare * Evictions * Consumer issues *Family * Landlord/Tenant *Unemployment * Public Benefits * Utilities. If you get the voicemail, please leave your name, telephone number and the town where you reside, and they will get back to you within 2 business days.

SEPTEMBER 2015

| MON | TUES | WED | THURS | FRI |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 1 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Wellness Clinic 10:30 Exercise 11:30 LUNCH - 12:30 Bingo 12:30 Focus on Drawing | 2 9:00 Yoga 10:00 Bone Builders 10:30 Wal-Mart 11:30 LUNCH 1:45 Zumba Gold | 3 10:00 Wii Bowling 10:30 Exercise 11:30 LUNCH- | 4 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:00 Yoga 10:30 Zumba Gold 11:30 MOW- 11:30 Police Union BBQ 12:30 Rummy Cube 12:30 Paint Class |
| 7 CLOSED for  | 8 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- 12:30 Bingo 12:30 Focus on Drawing | 9 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- 1:45 Zumba Gold | 10 10:00 Wii Bowling 10:30 Exercise 11:30 LUNCH- | 11 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:00 Yoga 10:30 Zumba Gold 11:30 MOW- 11:30 Feast Friday 12:30 Rummy Cube 12:30 Paint Class |
| 14 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 10:30 Pheasant Lane 11:00 Wizard Music— John Kienzle 11:30 LUNCH- 1:00 Quilting/ Knitting | 15 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- 12:30 Bingo 12:30 Focus on Drawing 3:30 COA Meeting | 16 9:00 Yoga 9:00 Zounds Hearing Test 10:00 Bone Builders 11:30 LUNCH- 11:30 Lunch Bunch “Feng Shui” Kitchen 1:45 Zumba Gold | 17 8:30 Veteran’s / Senior Breakfast 10:00 Wii Bowling 10:30 Exercise 11:30 LUNCH- | 18 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:00 Yoga 10:30 Zumba Gold 11:30 MOW- 11:30 Feast Friday 12:30 Rummy Cube 12:30 Paint Class |
| 21 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:30 LUNCH- 1:00 Quilting/ Knitting | 22 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- 12:30 Bingo 12:30 Focus on Drawing | 23 9:00 Yoga 10:00 Bone Builders 10:30 Wal-Mart 11:00 Chair Massage 11:30 LUNCH- 1:45 Zumba Gold | 24 10:00 Wii Bowling 10:30 Exercise 11:30 LUNCH- | 25 AM.. Food Shopping Wal-Mart..1hr* 9:00 Bone Builders 10:00 Yoga 10:30 Zumba Gold 11:00 Fall Equinox 11:30 MOW- 11:30 Feast Friday 12:30 Rummy Cube 12:30 Paint Class |
| 28 9:00 Tai Chi 10:00 Mexican Dominoes 10:00 Line Dancing 11:30 LUNCH- 1:00 Quilting/ Knitting | 29 10:00 T.J Max Plaza..1hr 10:00 Cribbage 10:30 Exercise 11:30 LUNCH- 12:30 Bingo 12:30 Focus on Drawing | 30 9:00 Yoga 10:00 Bone Builders 11:30 LUNCH- 1:45 Zumba Gold | | |

Tyngsborough COA Newsletter

Bus Info/Regular Programs

BUS NOTICE

To make an appointment for our bus, please call the Council on Aging office at 978-649-9211. Our bus hours are 8:30AM-3:00PM. Please call before noon, 2 days in advance. Thank you.

The Tyngsborough COA bus will be taking passengers for Bloodwork and Prescription pick ups on Wednesdays. So please schedule the bus accordingly.

Tyngsborough medical bus hours will run Monday thru Friday from 9:00-2:00. Please make your appointment no later than 1:00.

SHOPPING: Road Runner has a 3 bag limit policy. As you know we have allowed for 4 canvas bags, please add a colored ribbon to your bags. This will help the driver to identify which bags belong together (plastic bags roll around!). Please be respectful of your fellow passengers and follow the rules. Passengers are allowed to bring a personal grocery cart to transport their bags and are allowed to use the lift to board their personal cart onto the bus.

Drivers are not allowed to enter your home to bring bags in. They can only bring them to your door step. You must bring your own bags into your home. Drivers should not be entering your home, for any reason, at anytime.

Bus drivers are not allowed to wait for you while you are at your appointment. Please call the office and not the bus phone when you are ready for pick up. NO – ONE should be calling the bus phone or the driver's private cell phone. Thank you.

The bus is for Tyngsborough Residents only!

OFF-SITE BUS TRIPS Pick up times.

- *Food Shopping/Wal-Mart : **Friday Mornings** first run.. P/U starts at 9:30am
- *T.J Max Plaza, Fantastic Sam's **Every Tuesday** pick up starts 9:45am -11:45am

(Special Trips) Off site

- *Wal-Mart, **Wed. Sept. 2nd, 23rd 10:30-12:30**
- *Pheasant Lane Mall, **Mon. Sept. 14th, 10:30 –12:30**
- *Lunch Bunch, **Wed. Sept. 16th, 11:30 - 1:00**
Feng Shui Kitchen

REGULAR PROGRAMS AT THE CENTER IN SEPTEMBER

Lunch is served promptly @ 11:30 everyday
must make reservations 2 days in advance
BEFORE 11:00 AM call 978-649-9211

\$2.00 for seniors & \$4.50 for non-seniors

Monday.....

| | |
|------------------------|-------------|
| Tai Chi | 9:00-10:00 |
| Line Dancing | 10:00-11:00 |
| Mexican Train Dominoes | 10:00-1:00 |
| Knitting Group | 1:00-1:00 |

Tuesday.....

| | |
|-------------------------------------|-------------|
| Wellness Clinic... Sept. 1st | 10:30-12:00 |
| Cribbage | 10:00-12:30 |
| Exercise... Sept. 15th | 10:30-11:30 |
| Bingo | 12:30-2:30 |
| Focus on Drawing | 12:30-2:30 |

Wednesday.....

| | |
|-----------------------------------|-------------|
| Yoga | 9:00-10:00 |
| Bone Builders | 10:00-11:00 |
| Chair Massage... Sept 23rd | 11:00-12:00 |
| Podiatrist... October 21st | 12:00-1:15 |
| Zumba Gold | 1:45-2:30 |

Thursday.....

| | |
|-------------|-------------|
| Wii Bowling | 10:00-11:30 |
| Exercise | 10:30-11:30 |

Friday.....

| | |
|---------------|-------------|
| Bone Builders | 9:00-10:00 |
| Yoga | 10:00-10:30 |
| Zumba Gold | 10:30-11:15 |

Tyngsborough COA Newsletter

HEALTH AND WELL BEING/ UPCOMING PROGRAMS

WELLNESS CLINIC Tyngsborough Council on Aging 169 Westford Rd 978-649-9211

Nancy Harding, RN, from the
Circle Home, Inc..

- ♦ **Tuesday, Sept. 1st 10:00-12:00.**
Blood Pressure Readings, weight checks and medication reviews. First come first served.
- ♦ **Podiatrist. New England Foot & Ankle will be at the Center October 28th 12:00– 1:30**
First come first served. Please call the Center and let us know you are coming. Their growth in the community is a direct result of the caring and personal treatment they give to patients. Fee \$25.00

WELLNESS CLINIC at ELDERLY HOUSING

Nancy Harding, RN, from the
Circle Home, Inc.

- ♦ Red Pines Elderly Housing, the third Tuesday of each month from **8:30 - 9:30.**
- ♦ Brinley Terrace Elderly Housing, the fourth Tuesday of each month **8:30-10:00.**

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Tyngsborough seniors 60 years and older. Contact TCOA if you are in need of one. "Place on your refrigerator or glove box of your car." Also ask about the Yellow Dot Program. 978-649-9211.

CLASSIFIED SECTION

DONATIONS NEEDED:

- * **Morning Pastries**
- * **Cold Cups & Hot Cups - 8 oz.**
- * **Sm/Lg Paper Plates, and Bowls**
- * **Plain Napkins**
- * **Cellophane for Raffle Baskets**
- * **Silver or Gold fancy brooches or pins**

"Thank You! for all who have donated in the month

UPCOMING in OCTOBER

CENTER CLOSED MONDAY OCTOBER 12th COLUMBUS DAY

LUNCH BUNCH

Wednesday, October 14th, 11:30-1:00

If you need transportation for this trip we will be happy to accommodate you, using the Tyngsborough Bus, just call 3 days in advance, 978-649-9211. **(99 Restaurant) Lowell Ma**

SENIOR/VETTRAN BREAKFAST

Thursday, October 15th, 8:30

Sponsored by Lion's Club. **"FREE"**

Come by and start your day with a healthy breakfast. Greater Lowell Vocational School will be here doing Under Hood Inspections "fluid checks". It's always good to prepare for the winter months. Come by have some breakfast and have your fluids checked. Speaker... Safe Driving.

AUTUMN TEA GATHERING

Monday, October 19th, 1:00

Come in and have fun sampling several types of new teas with us at our semi-annual tea. Bring a favorite home-made goodie and a recipe to share with everyone if you like.

FRIENDS OF THE COUNCIL ON AGING CRAFT FAIR

Saturday, October 24th, 9:00-2:00

Location: Tyngsborough Council on Aging 169 Westford Rd Tyngsborough, MA. If you are interested in renting a table for \$20.00 please call Jean Kareores (978-649-0731) or Joe Jacoppi (978-649-9076)

HALLOWEEN PARTY

Wednesday, October 28th, 11:00-1:00

Entertainment Sing-a-long with Kathy Rodger, provided by the Cultural Council.



DAY OF BEAUTY...

Wednesday, October TBD 10:00-12:45

REAL ESTATE TAX ABATEMENT–

Thursday, October TBD 10:30 –12:30

A Representative from the Assessor's office will be at the Center to do Real Estate Tax Abatements. If you are a widowed, legally blind, a disabled veteran, or 65 years or older, you may be eligible. You must bring proof of income and assets. By appointment only call 978-649-9211

SHINE/MEDICARE OPEN ENROLLMENT PRESENTATION.

Friday, October 23rd, 11:45

I would like to remind everyone about the Medicare's Open Enrollment Period. This year it is October 15th through December 7th. Don't wait until it is too late!

Aging - Health News

Almost a quarter of all seniors visit the emergency room. What brings older adults in? You might be surprised. Learn more about the top 10 reasons seniors end up in the ER.



10 Conditions That Land Seniors in the ER

Strokes, heart attacks, falls — these are the conditions we usually think of as landing older adults in the emergency room. But, seniors visit the ER for a lot of other reasons that may be just as critical, such as adverse drug effects, infections and COPD.

Caregivers should be aware of the symptoms that are most likely to lead to a serious diagnosis in seniors. If you have seniors under your care, this is a list of 10 conditions that you'll want to pay attention to:

1. Injuries and Accidents

Injuries, falls, traffic accidents, even exhaustion — these are the types of acute issues that most often land seniors in the emergency room, according to the CDC.

2. Heart Disease

Some of the most common symptoms reported by seniors in emergency room visits are chest pain and shortness of breath, both potential indicators of heart disease, which is still the leading cause of death in the U.S., as reported by the CDC and Discovery Health.

3. Chest Pain

As mentioned above, chest pain can be a symptom of heart disease; it can also be caused by other problems such as heart attacks, injuries, blood clots, respiratory infections, or even gastrointestinal issues, according to the CDC and WebMD.

4. Adverse Effects and Complications of Medical Treatment

Adverse drug reactions are a shockingly common cause of emergency room visits in the elderly, including unexpected side effects, interactions with other drugs, or inappropriate self-medication, as reported by the CDC and NIH.

5. Abdominal Pain

Digestive disease, food poisoning and infection can all cause abdominal pain or nausea; so can kidney stones, which may result from malnutrition, dehydration or other medical conditions, according to the CDC and Discovery Health.

6. Chronic Obstructive Pulmonary Disease

According to the CDC, COPD covers a number of conditions including bronchitis, emphysema, and chronic airway obstruction. Fatigue, coughing, and shortness of breath are some possible symptoms, as reported by the CDC and WebMD.

7. Pneumonia

Pneumonia is one of the most common upper respiratory infections to land seniors in the ER. Signs may be milder in older adults, and can include shortness of breath, coughing, and confusion or delirium, according to the CDC and WebMD.

8. Urinary Tract Infection

This is yet another reason why seniors should make sure they're getting enough fluids—31% of seniors are chronically dehydrated, and one of the best ways to prevent UTIs is to drink plenty of water, as reported by the CDC.

9. Stroke

Stroke is the third leading cause of death in the U.S. It has a distinct pattern of symptoms, which means a vigilant caregiver can often prevent long-term damage if the patient is treated quickly enough, according to the CDC.

10. Spinal Disorders

Back pain is another symptom that commonly brings seniors to the ER, whether the pain is due to an injury to the back or neck, a vertebral disc disorder, or an inflammatory condition such as arthritis, as reported by the CDC.

If you're a family member or caregiver of an older adult, be sure to familiarize yourself with the symptoms of these common emergency medical issues, and you'll be better prepared to deal with them if they should arise.